

Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

1. (original): A sports vision training device comprising:

a piece of material having a thickness sufficient to interfere with an individual's ability to look in a specific direction at a sporting object being controlled by the individual between 0° and 90° relative to the individual's vertical field of vision; and

said piece of material having an adhesive coating or layer for positioning said piece of material on a portion of an individual's face so that said piece of material interferes with said individual's ability to look at said sporting object while attempting to control said sporting object.

2. (original): A sports vision training device according to claim 1, wherein said piece of material has a thickness sufficient to direct the individual's vision up and toward the field of play and players on said field of play.

3. (original): A sports vision training device according to claim 1, wherein said piece of material is formed from an open-cell foam material.

4. (original): A sports vision training device according to claim 1, wherein said adhesive coating or layer includes means for absorbing moisture and for transferring said moisture from a surface of an individual's skin to the piece of material to allow the moisture to evaporate.

5. (original): A sports vision training device according to claim 4, wherein said moisture absorbing and transferring means comprises a hydrocolloidal material incorporated into said adhesive layer.

6. (original): A sports vision training device according to claim 1, wherein said piece of material has an upper surface and said upper surface is intermittently grooved, or with a narrow stem at the base of which is the adhesive, to permit momentary glances at said sports object.

7. (original): A sports vision training device according to claim 1, wherein said piece of material has written indicia on an upper surface.

8. (original): A sports vision training device according to claim 1, wherein said piece of material has a logo on an upper surface.

9. (original): A sports vision training device according to claim 1, wherein said device is disposable.

10. (original): A system for training an individual encouraging them to look up and forward while playing a sport without looking down at an object being controlled by said individual, said system comprising:

a pair of potentially disposable view restricting members;

each said member being adhesively applied to one of the cheeks under an eye of said individual;

and each said member having a thickness sufficient to interfere with said individual's vision if said individual attempts to look down and sufficient to encourage said individual to look in an up and forward direction towards a field of play and at least one player on said field of play.

11. (original): A system according to claim 10, wherein each said member has a first layer formed from an open-cell foam material.

12. (currently amended): A system according to claim 11, wherein each said member has an adhesive coating or layer for holding said member to a respective ~~cheek~~ cheek of said individual, said adhesive coating or layer abutting a surface of said first layer.

13. (original): A system according to claim 12, wherein said adhesive coating or layer contains a hydrocolloidal material for absorbing moisture and for transferring said moisture from a surface of said respective cheek to the first layer for evaporation into the atmosphere.

14. (original): A system according to claim 13, wherein each said member has an upper surface and intermittently spaced grooves in said upper surface, or with a narrow stem at the base of which is the adhesive, for allowing momentary glances downwardly at the sports object being controlled by the user.

15. (original): A system according to claim 10, further comprising vision restriction devices attached to an individual's face along side each eye to restrict the individual's peripheral vision.

16. (original): A system according to claim 15, wherein each said vision restriction device comprises a first layer formed from an open cell material and a second adhesive coating or layer for adhering the vision restriction device to the individual's face.

17. (original): A system according to claim 16, wherein said adhesive coating or layer has a hydrocolloidal material incorporated therein.

18. (original): A method for training an individual playing a sport, said method comprising the steps of:

providing at least one member having an adhesive coating or layer and a thickness sufficient to interfere with said individual's field of vision; and

positioning said at least one member on at least one cheek under an eye of said individual so as to interfere with the individual's ability to look downwardly at a sports object being controlled by the individual and to restrict said individual's field of vision to looking forward up and towards a field of play and at least one person on said field of play.